

Amendments to the Claims:

This listing of Claims will replace all prior versions and listings of claims in the application.

Listing of the Claims:

1. (Previously amended) An exercise device for use in assisting a person to stretch a targeted tissue in the body, comprising:

a) a flexible, inelastic strap having a first end, and a second end, and having a fixed loop formed in the flexible strap at the first end;

b) a connector assembly comprising:

i) a movable member configured for positioning along the length of the strap, and

ii) a fixed member that is attached to the second end of the strap, wherein

connector has a connected configuration wherein the movable member and the fixed member are releasably connected, thereby forming a second loop in the flexible strap proximate the second end of the strap, and a disconnected configuration wherein the movable member and the fixed member are not connected.

2. (Original) The device according to Claim 1 wherein the total length from the first end to the second end is about 8 feet to about 12 feet.

3. (Original) The device according to Claim 2 wherein the total length from the first end to the second end is about 10 feet.

4. (Original) The device according to Claim 1 wherein the width of the strap is at least about 1.5 inches, and up to about 4 inches.

5. (Original) The device according to Claim 4 wherein the width of the strap is at least about 2 inches.

6. (Original) The device according to Claim 2 wherein the fixed loop has a circumference of about 14 inches to about 18 inches.

7. (Original) The device according to Claim 2 wherein the fixed loop has a circumference of about 16 inches.

8. (Original) The device according to Claim 1 wherein the connector is a snap buckle.

9. – 12. (Cancelled)

13. (Previously added) An exercise device for use in assisting a person to stretch a targeted tissue in the body, consisting essentially of:

- a) a flexible, inelastic strap having a first end, and a second end, and having at the first end a fixed loop formed in the flexible strap having a circumference sufficient in size to insert therethrough a part of the person body selected from the group consisting of the foot, hand, arm and leg; and

- b) a connector assembly comprising:

- i) a movable member configured for positioning along the length of the strap, and
 - ii) a fixed member that is attached to the second end of the strap, wherein connector has a connected configuration wherein the movable member and the fixed member are releasably connected, thereby forming a second loop in the flexible strap proximate the second end of the strap, and a disconnected configuration wherein the movable member and the fixed member are not connected.

14. (Previously added) The exercise device according to Claim 13 wherein the fixed loop has a circumference of at least about 14 inches.

15. (Previously added) The exercise device according to Claim 14 wherein the fixed loop has a circumference of up to about 18 inches.

16. (Presently amended) The exercise device according to Claim 13 wherein the width of the strap is at least about 1.5 inches, and up to about 4 inches ~~the fixed loop has a circumference of up to about 18 inches.~~

17. (Presently amended) The exercise device according to Claim 16 ~~Claim 13~~ wherein the width of the strap is at least about 2 inches ~~the total length from the first end to the second end is about 8 feet to about 12 feet.~~

18. (Previously added) The exercise device according to Claim 14 wherein the total length from the first end to the second end is about 8 feet to about 12 feet.

19. (Withdrawn) A use of an exercise device for assisting a person to stretch a targeted tissue in the body, the use comprising the steps of:

1) providing an exercise device consisting essentially of:

a) a flexible, inelastic strap having a first end, and a second end, and having at the first end a fixed loop formed in the flexible strap having a circumference sufficient in size to insert therethrough a part of the person body selected from the group consisting of the foot, hand, arm and leg; and

b) a connector assembly consisting of i) a movable member configured for positioning along the length of the strap, and ii) a fixed member that is attached to the second end of the strap, wherein connector has a connected configuration wherein the movable member and the fixed member are releasably connected, thereby forming a second loop in the flexible strap proximate the second end of the strap, and a disconnected configuration wherein the movable member and the fixed member are not connected;

2) placing a part of the person's body into the fixed loop, the part of the body selected from the group consisting of the foot, arm, hand and leg;

3) manipulating the connector assembly into the connected configuration; and

4) placing another part of the person's body into the second loop.

20. (Withdrawn) The exercise device according to Claim 19 wherein the fixed loop has a circumference of at least about 14 inches.

21. (Withdrawn) The exercise device according to Claim 20 wherein the fixed loop has a circumference of up to about 18 inches.

22. (Withdrawn) The exercise device according to Claim 19 wherein the fixed loop has a circumference of up to about 18 inches.

23. (Withdrawn) The exercise device according to Claim 19 wherein the total length from the first end to the second end is about 10 feet.